



# THRIVE LUNCH

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## Lunch 3: Curiosity & Review of Resources

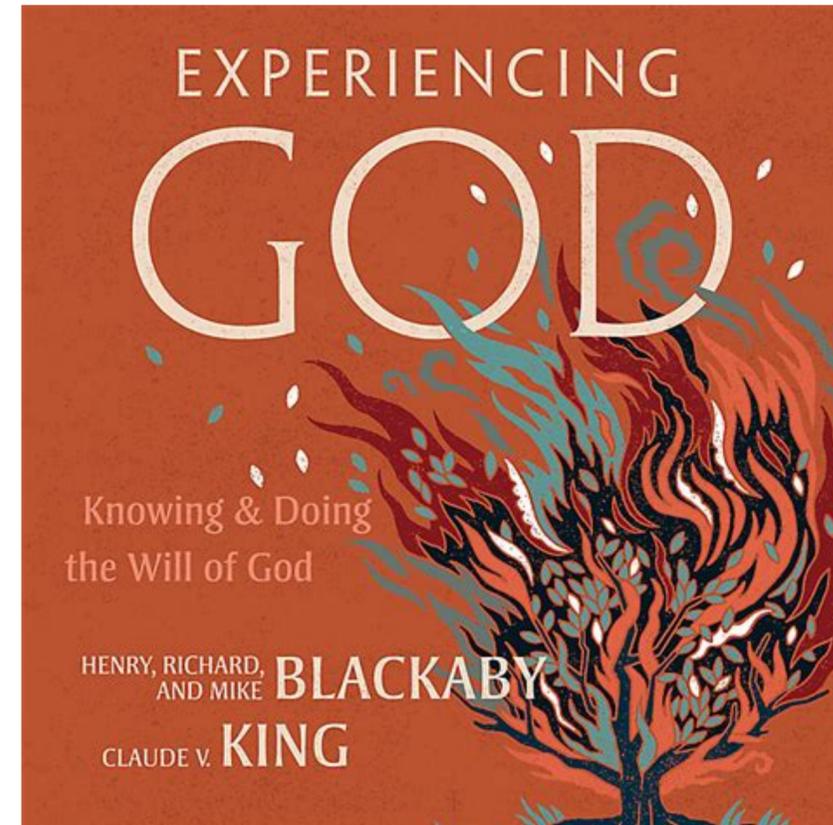
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# Key Objective: BE CURIOUS!

## Start with:

- Who is YHWH?
- How has He been relating to me?
- What has He been revealing to me?
- What is His will for me?
- How have I been responding in relating to Him?

## Resource:



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# The 6 R's Learning Model\*

- 1) **Researching** (esp. Bible & Classics): studying YHWH's Word to identify basic meaning of key terms and principles of life and living, and those principles which govern the "how" and "what" in teaching/learning a subject (employ curiosity: the process of asking and answering questions!);
- 2) **Reasoning** (Discussion & Activities): reasoning from these Biblical principles so as to identify them for the student in each subject of the curriculum;
- 3) **Relating** (Discussion & Activities): expounding to each student the Biblical truth in the subjects of the curriculum; relating the truths of YHWH's Word to individual Christian character, self-government and stewardship of YHWH's gift(s);

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4) **Recording** (Writing/Note-booking/Journaling): the use of writing, by both teacher and student, to account for and elucidate the way in which the identified principles are being applied to life and living, as well as to the given subject;

5) **Reflecting** (Activities- ongoing, progressively, expansively): the ongoing contemplation (reasoning and relating) of these principles and re-consideration as application and consequences are considered, observed or experienced; and

6) **Re-producing** (Application, teaching others/making disciples): the evidence of “mastery” is not the regurgitation of data, but rather living faithfully in congruency and/or applying these principles in one’s life (stewardship), as well as passing-on/teaching truths, principles, and application so that they are reproduced faithfully in others (discipleship).

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# Key Objective: BE CURIOUS!

## Then ask: Who am I?

- What is my story until this point of my life?
  - How have I been pursuing significance?
  - Have I experienced being an orphan, a widow, or an alien/outsider/stranger?
  - What wounds (by others or self-inflicted) have I experienced?
  - How have I responded in my woundedness?
  - What have been the results or consequences of these responses?
  - Who and/or what am I bound to?
  - What “fruit” has come from my life?
  - What is my purpose?
  - What are my values?
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# How have I been responding to recent changes in my life?

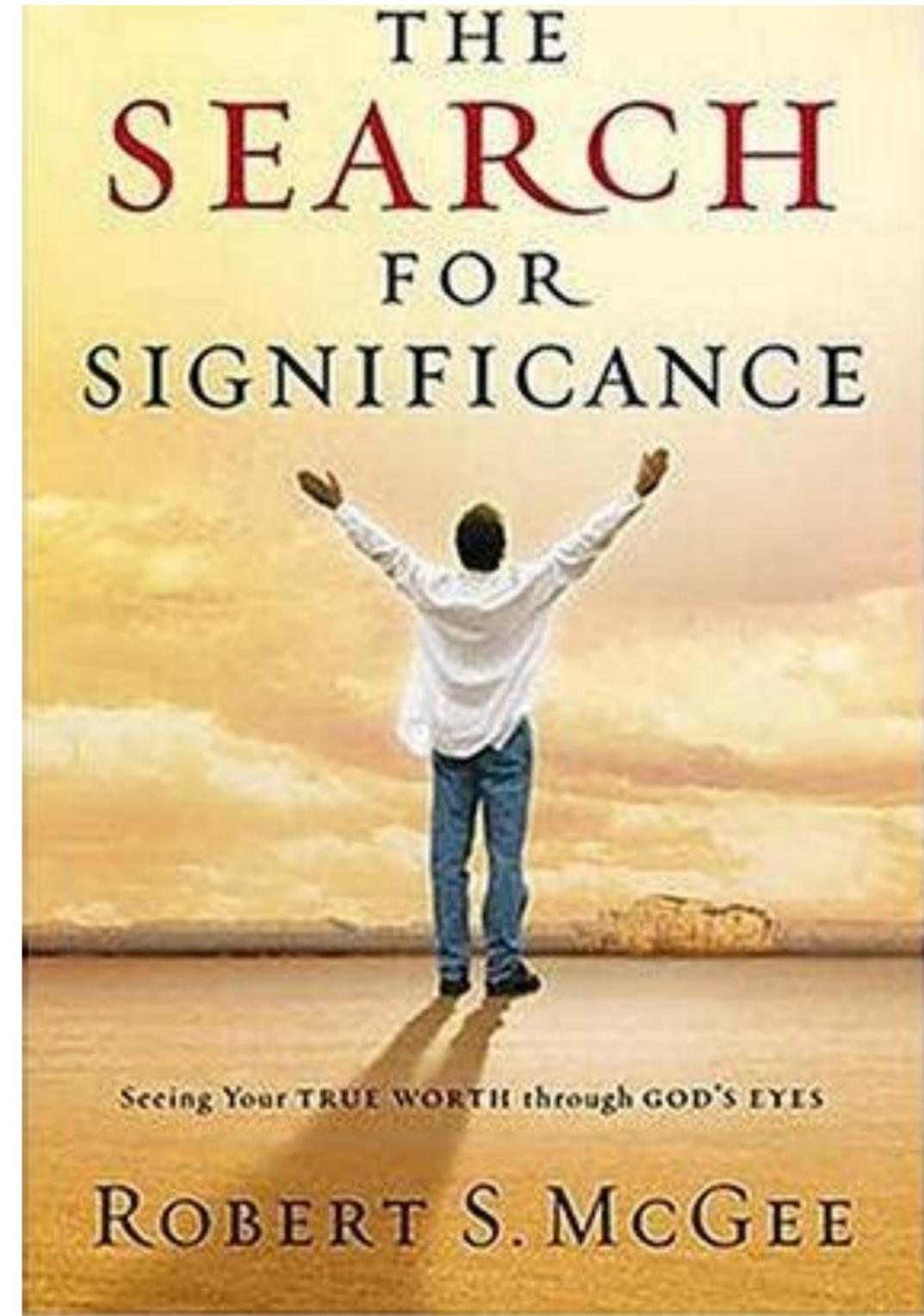
- 1) Change of residence
  - 2) Change of vocation/employment/training
  - 3) New people (roommate, classmates, church members)
  - 4) Change of authority structures
  - 5) Transitioning to greater personal freedoms and responsibilities
  - 6) Different/Increased “workload”
  - 7) New Opportunities
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**Do I truly and consistently believe that I'm deeply loved, completely forgiven and fully pleasing, totally accepted and complete in Christ?**

Here's a resource to help identify certain lies and the truths that can overcome:

- The Performance Trap
- Being an Approval Addict
- The Blame Game; and
- Shame



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# Related Resources

<https://barrycreamer.com/>



## Podcast Episodes related to **Identity**:

- Ep.5 “Finding You By Seeing Others”
- Ep.101 “I, We and They”

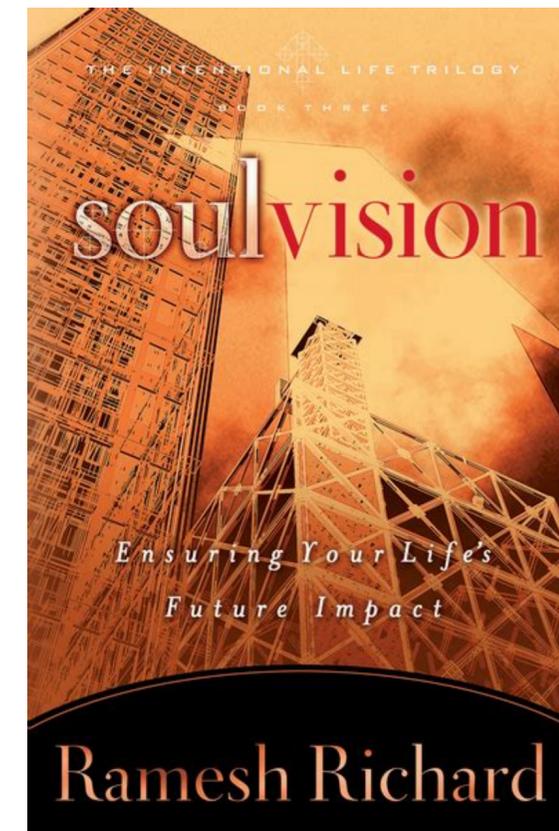
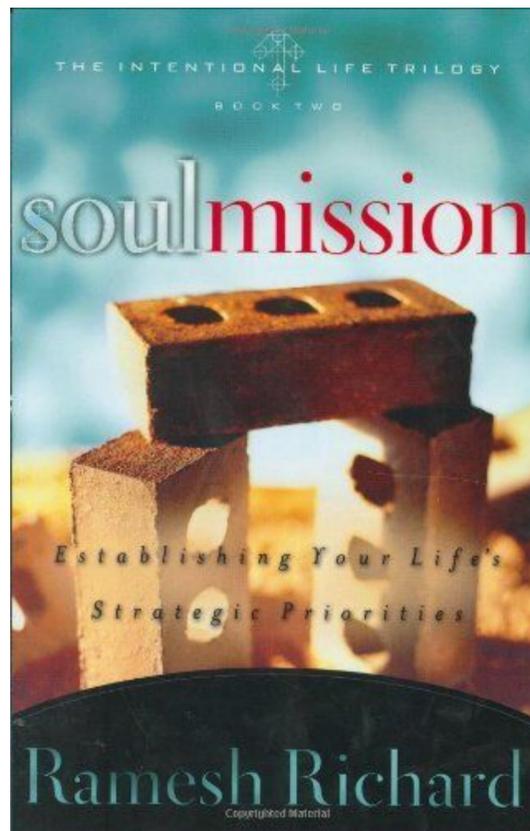
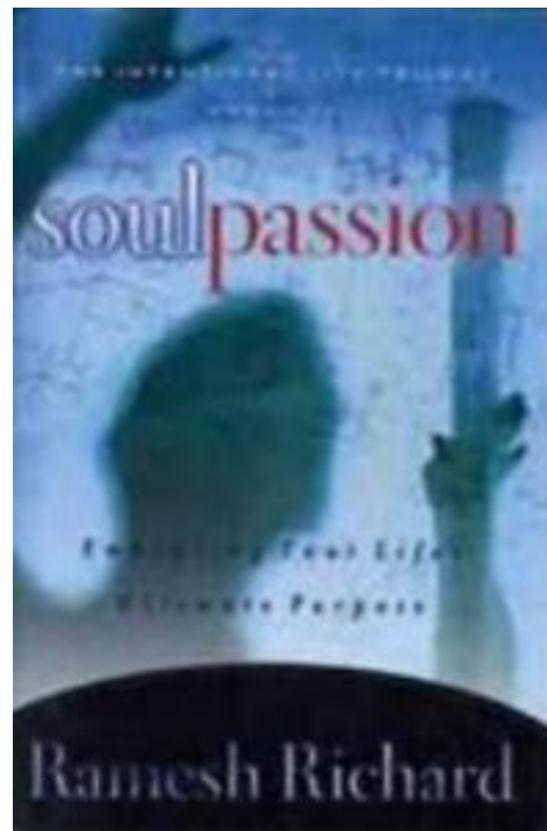
## Podcast Episodes related to **Change/ Discipleship/Growth**:

- Ep.39 “Control Freaks”
  - Ep.55 “In Bad Faith: Part 1”
  - Ep.56 “In Bad Faith: Part 2”
  - Ep.59 “The Skeleton in the Living Room”
  - Ep.62 “I Can’t Unhear That”
  - Ep.64 “A Good Show”
  - Ep.72 “Farm Fresh or Shelf Stable: Part 1”
  - Ep.73 “Farm Fresh or Shelf Stable: Part 2”
  - Ep. 99 “A Journey to Nowhere: Part 1”
  - Ep.100 “A Journey to Nowhere: Part 2”
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## Life Mission Related Resources

*The Intentional Life Trilogy* by Dr. Ramesh P. Richard:



# Star - Scar Map



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## Dr. Warstler's Recommended Resources Regarding Suffering & Lament

- Brueggemann, Walter. *The Psalms & the Life of Faith*. Fortress Press, 1995.
  - Thompson, Michael E.W. *Where is the God of Justice? The Old Testament and Suffering*. Pickwick Publications, 2011.
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# HOW TO WRITE YOUR OWN PSALM



The purpose of this document is to help you write and pray your own psalms. There is no one right way to do this. The goal is to express your heart in an unedited way. Writing and praying your own psalms will help integrate your mind and liberate your heart. There are four elements to many Psalms: intimate address, complaint, petition, and words of reorientation.

## Intimate Address

Begin by naming God in a particularly intimate way, such as “my God” or “God of my rescue.”

### Examples

LORD, my God. Psalm 7

LORD, God of my rescue. Psalm 88

## Complaint

Tell God just how troubled your life really is, as you name with specificity what the difficulty is this particular day. The goal is to recruit God into the trouble.

### Examples

My God, my God, why are you so far from saving me, from the words of my groaning? O my God, I cry by day, but you do not answer, and by night, but I find no rest. Psalm 22

Give ear to my prayer, O God, and hide not yourself from my plea for mercy! Attend to me, and answer me; I am restless in my complaint and I moan, because of the noise of the enemy, because of the oppression of the wicked. For they drop trouble upon me, and in anger they bear a grudge against me. Psalm 55

## Petition

Pour out your desire by making an unedited request, such as “turn, pay attention, rescue!” The goal is to mobilize God into action.

### Examples

To You, O LORD, I call. Hear the sound of my pleading when I cry out to You. Psalm 28

Awake, why sleep, O Master! Rise up, neglect not forever. Why do You hide Your face, forget our affliction, our oppression? For our neck is bowed to the dust, our belly clings to the ground. Rise as a help to us. Psalm 44

Hide not Your face from me on the day when I am in straits. On the day I call, quickly answer me. Psalm 102

## Words of Reorientation

Reorient yourself to what is promised and toward which you are going to orient your life today. Words of reorientation sometimes assert things that have not yet come to pass.

### Examples

But I trust in your unfailing love, my heart exalts in your rescue. Psalm 13

I say of the LORD, “My refuge and fortress, my God in whom I trust.” Psalm 91

Following are excerpts from *Psalms of Lament* by Ann Weems (Westminster John Knox Press, 1999).

## Lament Psalm Ten

O God, I can't stand it!  
I cry to the point of exhaustion;  
my head aches unceasingly;  
my heart feels as though it will fall from my chest  
Over and over I scream your name,  
but you do not answer...  
and you do not come...  
and I cannot stand it.

## Lament Psalm Eleven

Don't I belong to you anymore, O God?  
Don't you claim me as one of your people?  
Have you had a change of heart?  
Have you turned against me?  
Did I do something unforgivable?  
O God, remember to remember...  
Do not leave me, for you are my God and I belong to you.

## Lament Psalm Twelve

O God, what am I going to do?  
He's gone—and I'm left with an empty pit in my life.  
I can't think. I can't work.  
I can't eat. I can't talk.  
I can't see anyone.  
I can't leave my house.  
Nothing makes any sense.  
Nothing seems worth doing.  
How could you have allowed this to happen?  
I thought you protected your own...  
Holy one, I am confident that you will save me.  
You are the one who heals the brokenhearted and binds their wounds.

<https://adamyOUNGcounseling.com/free-documents/>

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# Related Resources

## Books

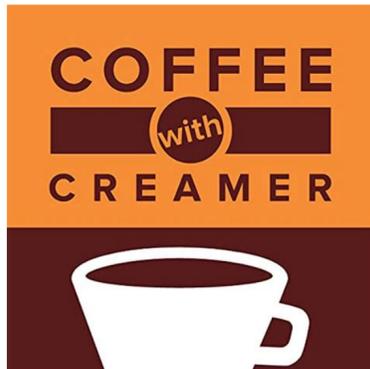
- Allender, Dan & Loerzel, Cathy. *Redeeming Heartache: How Past Suffering Reveals Our True Calling*. Zondervan, 2021.
  - Elliot, Elizabeth. *Suffering is Never for Nothing*. B&H Books, 2019.
  - Keller, Timothy. *Walking with God through Pain & Suffering*. Penguin Random House, 2013.
  - Lewis, C.S. *A Grief Observed*. N.W. Clerk, 1961.
  - Spurgeon, C.H. *God's Purpose for Your Suffering*. Crosspoints Books, 2023.
  - Tripp, Paul D. *Suffering: Gospel Hope When Life Doesn't Make Sense*. Crossway, 2018.
  - Wolterstorff, Nicholas. *Lament for a Son*. Wm. B. Eerdmans Publishing Co, 1987
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# Related Resources

## Podcasts

- Allender, Dan. Allender Center Podcast.
- Creamer, Barry. Coffee with Creamer.
  - *Ep.4 “Rare and Unresearched”*
  - *Ep.42 “Our Problem with the Problem of Evil: Part 1”*
  - *Ep.43 “Our Problem with the Problem of Evil: Part 2”*
  - *Ep. 86 “Belonging via Rejection”*
- Young, Adam. The Place We Find Ourselves.



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# Curiosity: What is my life mission?

To pursue one's life mission effectively, once one knows who and Whose one is, one is wise to consider:

- **the *aim/end goal* of one's life (personal life mission statement),**
  - the *foundation* upon which one's life is to be built (principles- ultimately the person and accomplishments of Christ),
  - the structural *system* in which the pursuing will occur (process- through progressive sanctification), and
  - the *means* through which one will pursue the end goal (people- relationally, being discipled by Christ and in discipleship relationships with others; and through the situations- often the sufferings- of life).
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Hope you join us at our next lunch in two weeks on Thursday, 5th of October at 11:00a.m. as we discuss Study Skills & Strategies to Reduce Stress with Valeri Knighten.

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